

Turkey, Rocket and Cranberry Pitta Pockets



Details

Serves :	4
Total Preparation Time :	Up to 5 minutes.
Region :	Western
Gluten Free:	No
Vegetarian:	No
Dairy Free:	Yes
White Meat Only:	Yes
No Seafood:	Yes

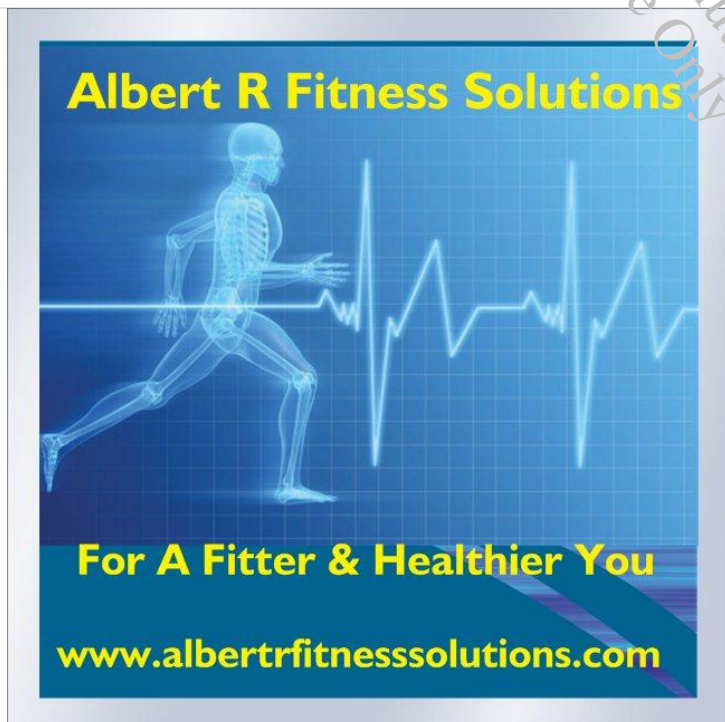
Nutritional details per serve

Calories:	213
Fat:	1.5
Protein:	17.7
Carbohydrates:	31.3
Fibre	2.4

Instructions :

1. Warm the pitta pockets under a grill or in the toaster until puffy but still soft.
2. Slice the warm pitta pockets along one side to make an opening.
3. Stuff the pitta pockets with the turkey slices, rocket, sliced tomato and cranberry sauce and eat immediately.

Quantity	Ingredients	Suggested Brand
4	tomatoes, small (approx 100g each)	Average, all brands
4 tsp	cranberry sauce	Average, all brands
280 grams	turkey meat, lean, sliced	Average, all brands
8 -	mini pita pockets, wholemeal (approx 20g each)	Average, all brands
4 cups	rocket leaves	Average, all brands



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